

Bell Peppers

Knife: 8" Chef's Knife

Yield: 1 Bell Pepper = approx. 36 slices

Cost: \$1.15-\$1.59 per pepper (\$0.03-\$0.04 per slice)

First, rinse the pepper. Remove the top and the bottom with a chef's knife. Don't throw this away, these can be used as sticks, or save and dice for another recipe, such as salads. Next, cut down one side of the pepper. Leave the tip of your chef's knife in the pepper while laying it on its side. Use the chef's knife to cut around the pepper's core and remove. If there is any additional white pith, remove with your knife. Now, you can make your strips by laying the pepper skin side down and make 1/4 to 1/2 inch slices.

